

FITNESS ROOM SCHEDULE

EFFECTIVE: _____

MONDAY - WEDNESDAY - FRIDAY:

6:00 - 8:30 A.M.
(SHOWER: 7:00 - 7:30 A.M.)

CO-ED
WOMEN ONLY

8:30 A.M. - 12:30 P.M.

WOMEN ONLY

12:30 - 4:30 P.M.

MEN ONLY

4:30 - 8:00 P.M.
(SHOWERS: 5:10 - 5:30 P.M.
6:10 - 6:30 P.M.
7:10 - 7:30 P.M.)

CO-ED
WOMEN ONLY
WOMEN ONLY
WOMEN ONLY

TUESDAY - THURSDAY:

6:00 - 8:30 A.M.
(SHOWER: 7:00 - 7:30 A.M.)

CO-ED
WOMEN ONLY

8:30 A.M. - 1:00 P.M.

MEN ONLY

1:00 - 3:30 P.M.

WOMEN ONLY

3:30 - 8:00 P.M.
(SHOWERS: 4:10 - 4:30 P.M.
5:10 - 5:30 P.M.
6:10 - 6:30 P.M.
7:10 - 7:30 P.M.)

CO-ED
WOMEN ONLY
WOMEN ONLY
WOMEN ONLY
WOMEN ONLY

EFFECTIVE : _____

MON - WED - FRI :

6:00 - 8:30 A.M.
(SHOWER: 7:00 - 7:30 A.M.)

CO-ED ~~HOURS~~
WOMEN ONLY

8:30 A.M. - 12:30 P.M.

WOMEN ONLY

12:30 - ~~5:00~~ ^{4:30} P.M.

MEN ONLY

4:30 - 8:00 P.M.
(SHOWERS: 5:10 - 5:30 P.M.
6:10 - 6:30 P.M.
7:10 - 7:30 P.M.)

CO-ED ~~HOURS~~
WOMEN ONLY
WOMEN ONLY
WOMEN ONLY

TUE - THUR :

6:00 - 8:30 A.M.
(SHOWER: 7:00 - 7:30 A.M.)

CO-ED ~~HOURS~~
WOMEN ONLY

8:30 A.M. - 1:00 P.M.

MEN ONLY

1:00 - 3:30 P.M.

WOMEN ONLY

3:30 - 8:00 P.M.
(SHOWERS: 4:10 - 4:30 P.M.
5:10 - 5:30 P.M.
6:10 - 6:30 P.M.
7:10 - 7:30 P.M.)

CO-ED
WOMEN ONLY
WOMEN ONLY
WOMEN ONLY
WOMEN ONLY

THIS SCHEDULE
WAS APPROVED
BY ATTENDEES AT
FITNESS RM. MEETING ON 5/12/81.

MON / WED / FRI :

8:30
 6:00 - ~~8:00~~ A.M. CO-ED HOURS
 (SHOWER: 7:00 - 7:30 A.M.) WOMEN ONLY

$4\frac{1}{2}$ 8:00 A.M. - 12:30 P.M. WOMEN ONLY

$4\frac{1}{2}$ 12:30 - 5:00 P.M. MEN ONLY

4:30
~~5:00~~ - 8:00 P.M. CO-ED HOURS
 (SHOWERS: ~~5:10~~ - ~~5:30~~ P.M.) WOMEN ONLY
~~6:10~~ - ~~6:30~~ P.M.) WOMEN ONLY
~~6:40~~ - ~~7:00~~ P.M.) WOMEN ONLY
~~7:10~~ - ~~7:30~~ P.M.) WOMEN ONLY
~~7:40~~ - ~~8:00~~ P.M.)

TUE / THUR

8:30
 6:00 - ~~8:00~~ A.M. CO-ED HOURS
 (SHOWER: 7:00 - 7:30 A.M.) WOMEN ONLY

5 8:00 A.M. - 1:00 P.M. MEN ONLY

$2\frac{1}{2}$ 1:00 - 3:30 P.M. WOMEN ONLY

$1\frac{1}{2}$ 3:30 - ~~5:00~~ P.M. MEN ONLY

~~4:30~~ \uparrow
~~5:00~~ - 8:00 P.M. CO-ED HOURS
 (SHOWERS: ~~5:10~~ - ~~5:30~~ P.M.) WOMEN ONLY
~~6:10~~ - ~~6:30~~ P.M.) WOMEN ONLY
~~6:40~~ - ~~7:00~~ P.M.) WOMEN ONLY
~~7:10~~ - ~~7:30~~ P.M.)
 7:10 - 7:30